

# The Family Flyer



Supporting Military Families  
Cape Cod—Southeastern Massachusetts—SE New England

## It's Tick Season!

- ♦ Be sure to check for ticks after spending any time outside
- ♦ Use repellents (DEET)
- ♦ Stick to main pathways and center of trails
- ♦ Wear long-sleeved shirts and pants tucked in
- ♦ Remove any attached ticks carefully and as soon as possible



Find more about Tick Protection [online](#)

## Wanted: Army/ Air National Guard Members to Help Special Olympics

**DATES :** SAT June 7 from 7:30 a.—12:00 p  
SUN June 8th from 11:30 a.—4:00 p  
**LOCATION:** Harvard Athletic Complex, 65 N. Harvard Street, Boston, MA

The Special Olympics of Massachusetts is requesting our Guard members to attend the summer games to pass out awards and interact with their athletes and families. Their athletes love seeing members of the military and are excited to have them be part of the weekend.

The director of the Special Olympics stressed that many of the families and athletes are concerned with coming into Boston after the events of the 2013 marathon. He further stated that a National Guard presence at the event will help calm some and will give them a sense of security.

If interested please [EMAIL](#) the public affairs office!

For more information visit their [WEBSITE](#).



## Porter and Chester Institute Annual Car Show and Summer Funfest!

**DATE:** SAT June 7th from 9:00 a.m.—1:00 p.m.

**LOCATION:** Porter and Chester Institute  
129 Flanders Road, Westborough

**PRICE:** \$5.00 per person

Hosted by Cruzzin' Dreams & PCI. 25 Top Awards: Specialty Awards Open to all types of vehicles & motorcycles.

Proceeds to Benefit Project New Hope.



## 2014 Joint Base Cape Cod Runway 5K Run

**DATE:** SAT June 7th @ 9:00 a.m.

**LOCATION:** Runway, JBCC, MA

**PRICE:** \$5.00 per person

Run a 5K along the runway. Family members are invited! Lunch following the run.

If you are interested in participating please contact Michelle Copeland via [EMAIL](#) or call (508) 968-4854.

## Good to Know

### Expecting Your First Child?

What is The Family Foundations Program? [Family Foundations](#) is a program developed at Penn State that helps couples make the transition to parenthood in a healthy way. This period, when a couple has their first child, is often quite stressful for new parents. Family Foundations has been shown to have multiple benefits including: Less postpartum depression, Better couple teamwork and support around parenting, Warmer and more patient parenting, Children with better adjustment and fewer emotional and behavior problems.

#### Looking for: (National guard/Reserve members)

Expecting their first child (0-7 months pregnant at time of enrollment) and are not expecting deployment within 6 months of starting the program.

#### Work and Compensation:

Couples will complete our new interactive, online program for new parents and participate in pre- and post-test surveys/interviews and receive \$25 for each survey.

### Blood Drive

**DATE:** FRI 13 JUN from 9A—3P

**LOCATION:** Mass Military Reservation Fire Dept.

**Building 3138, Joint Base Cape Cod**

Give Blood for Cape Cod! For more information visit their [WEBSITE](#) or call 508-86BLOOD.



### Surfing Warriors Beach House

**DATE:** SUN, June 29

**LOCATION:** North Beach, Hampton, NH

Timothy House LLC is offering an opportunity for military members who have recently returned from deployment and their families to stay at a beautiful oceanfront home for two weeks this summer. The house is available from the beginning of July to the end of August. A total of six warrior families will be selected.

There is no rental charge for the home, however, a \$150.00 charge per week will be required for the purposes of utilities and cleaning services, which will be paid directly to the donor: Timothy House, LLC.

If you have any questions please contact Lily Ackerly at the New England USO by [EMAIL](#) or at (617)720-4949, or Tim by [EMAIL](#).



### Hanscom Has Hot Summer Tickets

**Red Sox vs Yankees**

Sat. June 28th at Yankee Stadium



\$104/pp includes round trip transportation and Terrace level seats.

Depart from Hanscom AFB at 1:30 p.m. Enjoy Silver Fox Coach for a great day in New York as the Red Sox battle the Yankees at the Yankee Stadium. Enjoy all the action from your excellent Terrace Level reserved seats as the Yankees and Red Sox take the field. You'll depart for home after the game and a great day at Yankee Stadium! Approximate return will be about 3 a.m.

Call Tickets & Tours for more information or to reserve your spot today! (781) 225-6505

### Cooking Matters at JBCC Exchange

#### Dates

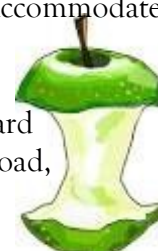
Wednesday, June 11  
Thursday, June 12  
Wednesday, June 25  
Thursday, June 26  
Friday, July 11  
Saturday, July 12

#### Time

A.M. and P.M. tours available to accommodate busy schedules.

#### Location

CGX, Coast Guard Exchange, Lee Road, Bldg. 5203



#### RSVP

Please visit our online scheduling [FORM](#). Questions? Can't make this tour but want to participate in the future? Just [EMAIL](#) them your situation.

## Work Hard, Play Hard!

### OMK Family Fun DAY

**DATE:** SAT June 14 from 10:00 a.m.—3:00 p.m.

**WHERE:** Camp Marshall, 92 McCormick Rd,  
Spencer, MA 01562

Enjoy a fun day at Camp  
exploring popular activities  
including:

Swimming, Canoeing, Kayaking, Arts & Crafts,  
Archery, Riflery, and Horticulture Projects.

Camp challenge course: 10:00 a.m.—11:00 a.m. and  
2:00 p.m.—3:00 p.m.

Family Sports Game: 12:45 p.m.

Pony Rides: 1:30 p.m.—2:30 p.m.

To register contact Paula Burgielewicz by [EMAIL](#) or  
call 413-545-2646.



### 90% Discount on SAT & ACT Test Prep

Through eKnowledge access SAT and ACT test  
preparation for \$20! Fee includes online materials,  
shipping and access to online streaming.

The SAT and ACT PowerPrep Programs are  
available online or on a single DVD. Programs  
include more than 11 hours of video instruction and  
3,000 files of supplemental  
test prep material, thousands  
of interactive diagnostic  
tolls, sample questions  
and practice tests.

Students select the  
training they need and  
study at their own pace.  
Request your program  
[ONLINE TODAY!](#)



The Hero Triathlon is looking for  
Service Members and Veterans that  
would like to compete in  
the event which is  
conveniently located on  
the "Upper Cape". We'll  
even comp the entry fee  
for those who sign up to  
represent their military  
branch on a relay team (2  
or 3 person relay teams -  
each member completes a  
segment of the triathlon).  
This is a first come first  
serve offer. Interested  
teams or participants  
should [EMAIL](#) by June  
15th. A portion of the  
event proceeds will go to  
the Women Veterans'  
Network of Massachusetts. For  
more information visit  
[herocapecod.com](http://herocapecod.com).



.9 MI. IN JOHN'S POND

22 MI. ON OTIS AFB

6 MI. - ONE LOOP

VETERAN/MILITARY RELAY COMPETITION



SUNDAY JUNE 22, 2014

## For The Kids

### Camp Berger—Celebrating their 59th Year!

Co-Educational Overnight Camp for Ages 8-14

Five Weekly Sessions:

July 6-12, 13-19, 20-26

July 27– August 2, August 15-17

Amp Tuition: \$350 per week

( Two week minimum to get the 10% military discount )

LOCATION: Camp Berger, 134 Wanhee Road, Winchester Center, CT

#### PROGRAMS:

Weekly themes, Forest golf, Archery, Frisbee golf, Sailing, Canoeing, Arts & crafts, Rocketry, Fishing, Orienteering, Geo Caching, Swimming, Volleyball, Basketball, Theatre, Color wars, Ping pong, Badminton, Ga-ga call, 4-Square, Dodge ball, Rowing and many more!

120 Campers per session.

Call 203-557-3339 or [EMAIL](#) Lyn and Chris with any questions.



**CAMP BERGER**

Discovery, Adventure, Friendship, Fun

### 33 Activities Under \$10 That Will Keep Your Kids Busy All Summer!

Go to their [WEBSITE](#) to see the full list!



A couple sponges and a box of chalk to turn your driveway into a bull's-eye target game.

Use leftover bubble wrap to make Stomp Paintings.



DIY a throwing tarp.



Burlap can be used to make a preschooler-appropriate sewing station.

Cut a pool noodle in half to make a marble track race.



### Rhode Island Military Family Camp

WHEN: 25-27 July

WHERE: Rhode Island

COST: FREE

For other camps outside of Rhode Island visit their [WEBSITE](#).

RI Military Family Camp is a FREE weekend of family togetherness for service members and their loved ones. Everything is included and planned for maximum family fun, all on the beautiful campus of the URI Kingston. You will sleep in the dorms, eat in the college dining hall, swim in the pool, skate in the rink, and much more! To register or for more information visit their [WEBSITE](#) or contact; Pamela Martin: 401-874-5291, [EMAIL](#).



## FREE: “Stars & Saddles” and “Family in Transition” Horse Camps

Location: Smithfield Farm, 809 Sandwich Rd, Falmouth

### July 14—18

9 a.m.—3 p.m.

A week long day camp!

Offered to military children ages 8–14 who are currently experiencing the deployment of a loved one.

*\$295 fee waived by OMK.*

### July 28—Aug 1

9 a.m.—3 p.m.

A week long day camp!

Open to Air Reserve & Guard children ages 8–14.

*\$295 fee waived by 4-H/Air Force Military Partnerships*

### Aug 11—15

3 p.m.—7 p.m.

Second annual camp!

For military families who are undergoing or have recently undergone a deployment.

*Funded fully by Heroes in Transition*

Each day will consist of a formal riding lesson with Carol and Amanda, our head instructors, lots of hands on horse care, horse related activities (such as learning body parts or proper horse nutrition, bathing a horse, or how to properly “time” a jump), Miniature Horse time (a camp favorite) and horse-related art and music activities. The campers will also be teamed up in groups of 2 or 3, in which they will work together to care for a particular horse.

They will build the skills necessary to safely care for and enjoy a horse by practicing: leading a horse safely, tacking and untacking, preparing a horse for riding, grooming, mucking a stall, and many other necessary skills. Aside from the daily activities, each week will include a visit from a horse professional, such as a veterinarian or a blacksmith, and either a trail ride or a small horse show on the last day of the week!

For more information, To obtain a registration form or for more details, contact Kerry Bickford, OMK Coordinator, by [Email](#) or call 508–375–6695.

Your whole family is invited to spend a week to learning about and working with horses. We will serve you dinner each night, and adults and children will break out into separate support groups after dinner. Adults will have “down time” to share challenges and to connect with local community military support groups. Youth will participate in a variety of activities including a lesson in drumming, arts & crafts, Life is Good interactive playmaker games and more! There will be babysitting on site for families with children too young to participate.

## Cross Winds Wing Walkers Club—a Family Work Out on Joint Base Cape Cod Wednesday Evenings

Cross Winds Wing Walkers Club holds a run, walk or crawl for 2.5 miles every Wednesday night through CG Housing on Joint Base Cape Cod. Meet at the Cross Winds Activity Center, 5210 East Hospital Road, at 5:45pm and start at 6pm.

All skill levels are welcome ... dogs, baby strollers, etc.

For questions, contact Melissa Megaro at 508-968-6859.



## Employment Opportunities & Job Search Resources

### 9th Annual Stand Down, Veterans Inc.

**DATE:** FRI & SAT June 20-21 from 9:00 a.m.—4:00 p.m. & 9:00 a.m.—12:00 p.m.

**LOCATION:** Veterans Inc., 69 Grove St, Worcester, MA

**SERVICES:** Career Fair (Friday only), Counseling & substance abuse referrals, Employment & Training, Healthcare services, Legal services, Wellness activities.

**FREE ITEMS:** Clothing, Food & Refreshments, Haircuts, Personal care items, and much more!

Open to homeless and in-need VETERANS and their families.

(Bring DD-214 or VA Card as proof of veterans status)

For more information, contact 508-791-1213 x125 or [EMAIL](#).

### Department of Agriculture

#### Food and Nutrition Service

The Summer Food Service Program (SFSP) was established to ensure eligible children continue to receive nutritious meals when schools are not in session.

The summer feeding program currently reaches only about 3.5 million children on a typical summer day nationally. Summer meal sites are where all the hard work of the State agency, partnering organizations, and sponsors come together to provide fresh, well-balanced meals that are appetizing to children.

For more information visit their [WEBSITE](#).

### 6th Annual Women Veterans' Conference

**DATE:** SAT June 14 @ 8:00 a.m.—3:30 p.m.

**LOCATION:** Nichols College, Student Center, 124 Center Road, Dudley, MA

Some of the workshops offered will be: Knitting, Art and Music therapy, Improv Theater, and a Writing Group with *Band of Sisters* author Kristen Holmstedt. There will also be financial education and state and federal benefits workshops.

RSVP: [EMAIL](#) or call 617-210-5958.

### Employment Webinars

60-minute sessions are interactive so that participants can benefit from immediate, actionable advice.

Sessions on:

- Analyzing a job announcement and developing a resume strategy;
- Writing an effective resume; and
- Planning for transition

New topics added regularly. Check out [MilitaryTransitionAdvisors.com](#) today!

### Transitioning Service Members, become an entrepreneur!

**DATE:** June 25 & 26

Two-day entrepreneurial training boot camp offered as part of the Transition Assistance Program for FREE. To sign up [EMAIL](#), or for more information visit their [WEBSITE](#).



## Find the One-Stop Career Center Nearest You

Visit a Massachusetts One-Stop Career Center for:

- Job search assistance;
- Career planning information;
- Workshops on job search techniques including interviewing, networking, and resume writing;
- Data on the current statewide and local job market; and
- Resources to help you find the right training opportunities;
- Tools to help you conduct an effective job search.

For more information about One-Stop Career Centers, go to [www.mass.gov/careercenters](http://www.mass.gov/careercenters)

# Massachusetts Veterans Crisis Resource Guide

**\*\* If you or someone you know is in immediate crisis, call 911 immediately\*\***

The following list was collected by Massachusetts Fallen Soldiers as part of the Save One PTSD campaign. It is but a small portion of resources available, yet provides a succinct starting point to find the proper support. You will need to contact each respective organization to determine eligibility.

## CRISIS SERVICES

### RESOURCE:

#### Veterans Crisis Line

(800) 273-TALK (8255) and Press 1 - or - Text 838255

#### Bedford VA Mental Health Clinic

(781) 687-2347

#### Boston VA Mental Health Clinics

(508) 583-4500 (Brockton) - or - (617) 232-9500

(Jamaica Plains)

#### Leeds VA Mental Health Clinic

(413) 584-4040

#### National Suicide Prevention Lifeline

(800) 273-TALK (8255) - or -

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) - or - Facebook

#### New England Center for Homelessness (Boston)

(617) 371-1800 - or - 17 Court Street - or [www.nechv.org](http://www.nechv.org)

#### Statewide Advocacy for Veterans' Empowerment (SAVE)

(888) 844-2838 - or - ([save@massmail.state.ma.us](mailto:save@massmail.state.ma.us))

#### Veteran Homestead

(978) 353-0234 - or - [www.veteranhomestead.org](http://www.veteranhomestead.org) - or -

Facebook

#### Massachusetts Department of Veterans' Services

(617) 210-5480 or [www.mass.gov/veterans](http://www.mass.gov/veterans)

Veterans' PTSD Project (Online)

Facebook

## PHYSICAL SERVICES

### RESOURCE:

#### Chelsea Soldiers Home (Eastern MA)

(617) 884-5660 - or - 91 Crest Street,

Chelsea

#### Holyoke Soldiers Home (Western Ma)

(413) 532-9475 - or - 110 Cherry Street,

Holyoke

#### New England Center for Homelessness

(Boston)

(617) 371-1800 - or - 17 Court Street

- or - [www.nechv.org](http://www.nechv.org)

#### Bedford VA Social Services

(781) 687-2375

#### Leeds VA Social Services

(413) 584-4040

#### Soldier On

(413) 582-3059 - or - [www.wesoldieron.org](http://www.wesoldieron.org)

- or - Facebook

#### Massachusetts Department of Veterans' Services

(617) 210-5480 or [www.mass.gov/veterans](http://www.mass.gov/veterans)

#### Veteran Homestead

(978) 353-0234 - or -

[www.veteranhomestead.org](http://www.veteranhomestead.org) - or - Facebook

#### Veterans Northeast Outreach Center

(Essex & Middlesex Counties)

(978) 372-3626 - or -

[www.northeastveterans.org](http://www.northeastveterans.org) - or - Facebook

#### Veterans Transition House (Southcoast)

(508) 999-3909 - or - [www.vetshouse.org](http://www.vetshouse.org)

## SUPPORT SERVICES

### RESOURCE:

#### Veterans Northeast Outreach Center

(978) 372-3626 - or - [www.northeastveterans.org](http://www.northeastveterans.org)

#### Soldier On

(866) 406-8449 - or - [www.wesoldieron.org](http://www.wesoldieron.org) - or - Facebook

#### Paralyzed Veterans of America (New England)

(800) 660-1181 or [www.nepva.org](http://www.nepva.org)

#### National Suicide Prevention Lifeline

(800) 273-TALK (8255) - or -

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) - or - Facebook

#### Veterans Crisis Line

(800) 273-TALK (8255) - or - [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

Massachusetts Fallen Soldiers does not endorse any of the organizations above and all information is subject to change. If you have additions or comments, please contact us at [mafallensoldiers@yahoo.com](mailto:mafallensoldiers@yahoo.com).

For more information about us, please visit us on Facebook.

Massachusetts National Guard  
Airman & Family Readiness Program  
Joint Base Cape Cod, MA



Requests to be  
added or removed  
from this  
distribution list  
may be sent  
directly to [Erin](mailto:erin.creighton@ang.af.mil).

Erin Creighton  
Program Manager  
102IW/ A&FRPO  
156 Reilly St Box 70  
Otis ANG Base, MA 02542  
Phone: 508-968-4855  
Fax: 508-968-4846  
[erin.creighton@ang.af.mil](mailto:erin.creighton@ang.af.mil)

## 10% Off Your purchase at Edible Arrangements for Military Members!

Walk-in, Pick-up or Delivery... Whatever works for you! **For Every Occasion!**

Edible Arrangements in Plymouth, Sandwich and Yarmouth are now offering military members 10% their purchase of edible arrangements, for any and every occasion!



### Store 254

Plymouth, MA  
508-746-1717  
[WEBSITE](#)

### Store 1126

Sandwich, MA  
508-888-1336  
[WEBSITE](#)

### Store 1020

Yarmouth, MA  
508-394-3100  
[WEBSITE](#)

## Free Heroes Golf Clinic

DATE: SUN, June 29

LOCATION: The Golf Club  
of Cape Cod



All Cape-area veterans and active military are invited to participate in a FREE 90-minute golf clinic and luncheon at The Golf Club of Cape Cod in East Falmouth. The clinic will be conducted by PGA instructors from across the Cape, led by Doug Errhalt, TGC Director of Golf, and Jeff Handler, renowned personal trainer and expert in body mechanics. Individuals with disabilities are encouraged to participate! Representatives from Spaulding Rehabilitation will be at the clinic to assist all athletes. Call TGC for the Troops Tournament Director Gwen Errhalt at The Golf Club of Cape Cod 508-457-7200  
**Space is limited - First come, first served!**

## Kaehler Clinic Pharmacy Schedule

### MONTH OF JUNE

New prescriptions from civilian providers will not be excepted due to pharmacist unavailability on:

- June 2, 10, 16, 23, 24
- They accept civilian provider prescriptions: Mon, Tues, Thurs & Friday mornings 0800-1100.

**Pharmacy is closed on:**

- Wednesday mornings and Friday afternoons & May 26.

**Please call 508-968-6571 for the most current information.**



## Worcester has New Hope for veterans with PTSD

GRAND OPENING: SAT May 31 from 12:00 p.m.—4:00 p.m.

LOCATION: 70 James St, Worcester, MA (New headquarters)

Starting Saturday, Project New Hope will offer new hope for area veterans suffering from post-traumatic stress disorder and other combat-related illnesses and injuries.

Starting in June on the first and third Wednesday of every month, Project New Hope will host a "Vet to Vet" support group.

Find  
"Otis Family  
Program"  
on



This announcement is provided for the benefit of members of the National Guard. It is intended for informational purposes only and does not constitute an endorsement by the Massachusetts National Guard, the Commonwealth of Massachusetts or the United States Armed Forces. Any participation is solely the responsibility of the individual.